

# AVON SENIOR CENTER

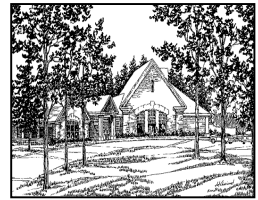


635 WEST AVON ROAD  
AVON, CONNECTICUT 06001

860.675.4355

9:00 a.m. – 4:00 p.m. Monday – Friday

*Jennifer Bennett, LMSW Avon Senior Center Coordinator*  
*Darlene Tate, Administrative Secretary*



## NOVEMBER 2015

See our newsletter online at: <http://www.avonct.gov>

### Senior Center Coordinator Message

Happy November to All. I hope you're all doing well and enjoying the beautiful colors of the season.

This month, we celebrate Thanksgiving! It gives us time to reflect on our lives and what we're thankful for. At the senior center, we are thankful for our beautiful building and everyone who comes through our doors! We're thankful that all of you spend time with us and enjoy coming here. If there's anything in particular that you are thankful for, please share it with me! I love to hear from you!

Let's remember our Veteran's this month! We're thankful for their service and we appreciate all they have done for us! If you know anyone who is a Veteran, please be sure to thank them this month!

"Help Your Neighbor" Day on November 6th from 5-8 p.m. at the Senior Center. Please read newsletter for more information on how you can help!

We have some fantastic programs this month, so please be sure to read your newsletter and sign up early!

The Community Room at the Senior Center will be closed the week of November 9-13, 2015 for wood floor refinishing. Thank you in advance for your patience. We can't wait to see the new floor when it's done!

I hope everyone has a Happy, Healthy & Hearty Thanksgiving! Everyone have a great month!

*Respectfully, Jennifer Bennett, LMSW*



### Veteran's Celebration

Avon Senior Center

Monday, November 16, 2015

See Events in newsletter for more information



The Avon Free Public Library has teamed up with the Avon Senior Center to recognize that November is National Alzheimer's Awareness Month. The Library has put together a display of reading and viewing material on the topic of Alzheimer's & Dementia. The Senior Center has put together information about resources and places to go to for help and assistance. We're here for you and we want you to know that we care!

EVERY  
**69 SECONDS**  
SOMEONE IN THE UNITED STATES  
DEVELOPS ALZHEIMER'S

## NOVEMBER EVENTS 2015

Jennifer Bennett, LMSW Avon Senior Center Coordinator  
Darlene Tate, Administrative Secretary  
860-675-4355

### Monday, November 2, 2015

#### "Foot Care"

Dr. Lindsay will be at the Avon Senior Center on the 1<sup>st</sup> Monday of every month from 9:00 am-12:00 pm for: Assessment of feet (skin, nails, etc.), Toenail clipping, Callus removal, Provide Resources & Answer Questions. The cost is \$40.00. CALL 860.677.7272 TO MAKE AN APPOINTMENT.

### Tuesday, November 3, 2015 from 11:30-1:30

#### "Free Blood Pressure Screening"

Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked. If you have any questions, please feel free to call the senior center at 860-675-4355.

### Wednesday, November 4, 2015 at 10:00 a.m. "Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

### Friday, November 6, 2015 at 1:00 p.m.

#### "Wood Carving"

Join us for wood carving in the afternoon. Come and learn how to carve wood, see people carve wood, ask questions, look at projects and get information about wood carving. This is a great group of people and you would have a fantastic time! Please call the senior center at 860-675-4355 to sign up.

### Friday, November 6, 2015 from 5-8 p.m.

#### "Help Your Neighbor"

Join us as we help our neighbors! We will be collecting food for our Food Pantry, prom dresses for *Princess & the Prom*, handbags for *Dress for Success*, glasses & cell phones & hearing aids for The Lion's Club and Rootz Salon will be cutting hair for "*Wigs for Kids!*" This program is sponsored by the Avon Recreation & Park Department and the Avon Senior Center. We thank you in advance for your generosity. Any questions, please feel free to contact the Recreation Department at 860-409-4332.

### Wednesday, November 11, 2015

#### CLOSED FOR VETERAN'S DAY HOLIDAY

### Thursday, November 12, 2015 from 12:30-2 p.m.

#### "MEDICARE 101"

Are you turning 65 or just confused about Medicare? Medicare can be a confusing topic. This FREE seminar by Lou Pelletier from American Senior Benefits will educate you on the options and programs available. Learn what Medicare options best meet your needs. If you are over 65, educate yourself about the many laws and programs that may be relevant to your situation, such as maximizing social security or protecting your assets from long term care exposure without insurance. Please sign up early! Classes are limited to 30 people. This program is sponsored by the Avon Senior Center & the Avon Free Public Library. Please call the senior center at 860-675-4355 to sign up.

### Thursday, November 12, 2015 from 3-8 p.m.

#### "LGBT Moveable Senior Center- Bloomfield"

LGBT (Lesbian, Gay, Bisexual, Transgender) Adults and Allies are invited to join the LGBT Moveable Senior Center - a partnership among five Senior Centers in the Greater Hartford area to connect the LGBT community to mind-body-spirit, to each other, and to services and supports for healthy aging! The LGBT Moveable Senior Center is sponsored by CCCI as part of "Getting it Right: Creating an LGBT-responsive Organization," a project funded by the John H. and Ethel G. Noble Charitable Trust and was guided by CT LGBT Aging Advocacy. Please call the senior center at 860-675-4355 to sign up.

### Friday, November 13, 2015 at 1:00 p.m.

#### "Wood Carving"

Come and learn how to carve wood, see people carve wood, ask questions, look at projects and get information about wood carving. Please call the senior center at 860-675-4355 to sign up.

### Monday, November 16, 2015 at 12:00 p.m.

#### "Veteran's Celebration!"

Today we will pay tribute to and commemorate our veteran's with a *Veteran's Celebration*. The special annual event is being sponsored by the Avon & Canton Senior Centers and the Senior Citizens of Avon Organization. We will be honored by the Gildo T. Consolini Avon VFW Post # 3272 Color Guard. We will enjoy a delicious meal and dessert. We will have wonderful entertainment with the Jerry Carillo Orchestra sponsored by the Avon Senior Center, Northwest Community Bank, Carmon Community Funeral Homes, Sullivan's O'Neill's~ Chevrolet Buick of Avon and Northwest Hills Dealerships of GMC in Torrington. Please make sure you sign up quickly as we have limited seating and space fills up fast. The cost is \$5.00. Sign-ups and payments must be received by 11/9/2015. Please call the senior center at 860-675-4355 to sign up.

### Wednesday, November 18, 2015 at 10:00 a.m. "Shuffleboard"

Please call the senior center at 860-675-4355 to sign up.

### Wednesday, November 18, 2015 at 12:00 p.m.

#### "Lunch & Learn"

"Surviving Thanksgiving" presented by Justine Ginsberg, BSN, RN, *Community Health Coordinator* from the Farmington Valley Health District will be here to help us and give us tips on Thanksgiving! You don't want to miss this informational and educational learning opportunity! We enjoy Justine and we're so glad she's back! This is free and open to the public! Please call the senior center at 860-675-4355 to sign up.



#### Avon Senior Center is looking to start 2 new programs!!

Pickleball & Adult Coloring!! Woo! Hoo!! We're so excited to offer new things for our community! If you're interested, please call Jennifer at the senior center at 860-675-4355 or email at:

jbenett@avonct.gov

**Thursday, November 19, 2015 at 2:30 p.m.**

**“Caregiver Support Group”**

The Farmington Valley VNA is sponsoring a support group for adults who are caregivers. The group is open to all adults who are caring for a loved one. Caring for another can be emotionally and physically exhausting. This is an opportunity to rejuvenate yourself by talking with others who truly understand. We can all learn from each other. Come and be surrounded by others who care and are in search of support. This group will be facilitated by the Farmington Valley VNA Social Worker, Laura Perednia, LCSW. Any questions, please feel free to contact Jennifer Bennett, Avon Senior Center Coordinator at 860-675-4355 or the FV VNA at 860-651-3539.

**Friday, November 20, 2015 at 1:00 p.m. “Wood Carving”**

Join us for wood carving in the afternoon. Come and learn how to carve wood, see people carve wood, ask questions, look at projects and get information about wood carving. This is a great group of people and you would have a fantastic time! Please call the senior center at 860-675-4355 to sign up.

**Tuesday, November 24, 2015 DRESS DOWN DAY!!!!**

Let's celebrate Thanksgiving!!! Please join us at the Avon Senior Center for our Dress Down Day. Please wear a t-shirt with your favorite sports team, favorite college, favorite color, seasonal t-shirt or favorite saying (within reason) and show your spirit!!!! We enjoyed the fun last time we did this, so come and let us see your t-shirt.

**Wednesday, November 25, 2015 at 10:00 a.m.**

**“Shuffleboard”**

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

**Thursday, November 26, 2015**

**CLOSED FOR THANKSGIVING HOLIDAY**

**Friday, November 27, 2015**

**CLOSED FOR THANKSGIVING HOLIDAY**

**Wood Floor Refinishing in the Community Room  
November 9-13, 2015. No programs or lunches will  
be held in the big room this week.**



# Birthdays

## November

Charles Babcock	3rd
John Reilly	12th
Vivian Pane	17th
George DeFranzo	22nd
Lou Pane	24th



**Bridge – Tuesdays & Thursdays at 12:30 p.m.– Intermediate  
Scrabble – Tuesdays at 1:30 p.m.**

**Shuffleboard – Wednesdays at 10:00 a.m.**

**Setback – Wednesdays & Fridays at 12:00 p.m.**

**Ping Pong – Fridays at 10:00 a.m.**

**Woodworking – Fridays at 1:00 p.m.**



**Upcoming Movie Matinees at Avon Library  
Thursdays at 1:30 p.m.  
in the Community Room**

**NOVEMBER 12  
An American in Paris  
(1951) 113 min.**

**NOVEMBER 19  
On the Waterfront  
(1954) 108 min.**

**AVON FREE PUBLIC LIBRARY IN PARTNERSHIP  
WITH THE AVON SENIOR CENTER**

281 Country Club Road  
Avon, CT 06001  
Tel: 860-673-9712



### 2015 Fall Classes (See dates & locations below)

#### Acrylic Painting - Fall Session II

Date (s) of Class: October 23, 30, November 6, 13, 20

Day, Time & Location: Fridays - 10:00 am to 12:00 pm

Avon Senior Center

#### Tai Chi for Seniors - Fall Session

Date (s) of Class: Oct. 7, 14, 21, 28, Nov. 4, 18, 25, Dec. 2, 9, 16, 23

Day, Time & Location: Wednesdays - 2:30 pm to 3:30 pm

Avon Senior Center

#### Zumba Gold Fall Session I

Date(s) of Class: Sept. 30, Oct. 7, 14, 21, 28, Nov. 4, 11

Day, Time & Location: Wednesdays - 6:00 pm to 7:00 pm

Countryside Park

#### Zumba Gold Fall Session I

Date(s) of Class: Oct. 19, 26, Nov. 2, 9, 16, 23

Day, Time & Location: Mondays - 3:30 pm to 4:30 pm

Avon Senior Center

#### Zumba - Low Impact Session II

Date(s) of Class: November 16, 23, 30, Dec. 7, 14, 21

Day, Time & Location: Mondays - 4:30 pm to 5:30 pm

Avon Senior Center

#### Mid-Tempo Summer Session

Date(s) of Class: 10/5/2015 - 01/06/2016

Day(s), Time & Location: M/W 8:30 am—9:30 am

Avon Senior Center

For more information about registering, classes, and setting up your account please visit:

<http://www.avonct.gov/recreation-and-park-department>

### CRT Lunch at the Avon Senior Center

Come and enjoy lunch at the Avon Senior Center on Tuesdays and Thursdays. CRT (Community Renewal Team) sponsors a lunch program at the Avon Senior Center where you receive a hot, nutritious and health conscious meal. They offer a printed menu each month and reservations are required by calling the senior center the day before by 12:00 noon. To make a reservation for lunch, please call the Avon Senior Center at 860-675-4355. The cost is a suggested \$2.50 donation for persons 60 years of age and over and a mandatory \$5.00 if you are 59 years of age and under. The lunch program is open to all seniors in the Town of Avon as well as surrounding towns. Come and join us and make some new friends. See **November's** menu below:

TUESDAY		THURSDAY	
3	White Bean & Escarole Soup Grande Cheese Ravioli w/ Tomato Sauce Garden Salad w/Cherry Tomatoes & Cucumbers Raspberry Vinaigrette Dressing Whole Grain White Bread Sliced Pears	5	Breaded Pork Steak w/ Broth Scalloped Potatoes Succotash 12-Grain Bread Mixed Fruit
10	NO CRT LUNCH WOOD FLOOR REFINISHING	12	NO CRT LUNCH WOOD FLOOR REFINISHING
17	Beef Vegetable Soup Swedish Meatballs w/ Brown Gravy Mashed Potatoes Mixed Vegetables Saltines Sliced Apples	19	CRT THANKSGIVING MEAL Orange-Pineapple Juice Festive Roast Turkey w/ Gravy Herb Stuffing Cranberry Sauce Mashed Potatoes Peas & Pearl Onions Wheat Dinner Roll Pumpkin Pie w/Whipped Topping
23	Lemon Baked Chicken Confetti Rice Capri Blend Vegetables Wheat Dinner Roll Fresh Fruit	26	CLOSED IN OBSERVANCE OF THANKSGIVING DAY
			

# SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001  
860.675.4355  
Mondays



- President - Arthur Atwood**  
 • Vice President, • Financial Secretary & Cheer- Marie Evans  
 • Treasurer - Barbara Schicker, • Hospitality - Jean Pelletier  
 • Secretary - Marian Hurlbut • Newsletter Correspondent - Katie Ruez  
 • Programs – Helen M. Toth

## Senior Organization President's Message

### November President's Letter

November silently sneaks upon us, catching our senses by surprise. There is "no shade, no shine, no butterflies, no bees, no fruits, no flowers, no leaves." Outside silvery gray shafts reveal familiar landscapes stripped of pretense. Have you noticed how quickly this year has passed – it seems as though we celebrated Thanksgiving just a short time ago.

Turkeys will be in the oven for our Thanksgiving Day Celebration which we will celebrate on Monday November 23rd at 12 noon. We will be cooking a full Thanksgiving Day meal with all the fixings. Invite your friends, neighbors, or someone you know who would be alone to dinner. But PLEASE call in your reservations to the Senior Center at 860-675-4355 or me at 860-673-9122 and leave your message. Fresh pumpkin pies will be served with fresh whipped cream. They are baked fresh at our new Costco store in Farmington.

So, dear ones, let us gather at the table to rejoice in our bounty of blessings, and lift up our hearts gratefully to celebrate this beautiful holiday. There will be entertainment after our meal. Come celebrate with us!

Things to do in November: Fill a basket of food and take it to a neighbor or a shelter. There is always someone in need. Watch the Macy's Thanksgiving Parade. The day after Thanksgiving make turkey soup, make a list for Christmas shopping. Hold up on that first day of Christmas shopping – you still have a full month for that. Address your Christmas cards.

Here's to the season,  
Arthur

P.S. Don't forget to celebrate Veterans' Day on the 16th of November.

## November 2015 – Program Schedule Everyone is Welcome-Reservations Recommended

- |                                 |   |
|---------------------------------|---|
| <b>November 2<sup>nd</sup></b>  | <b>10:30 - Board Meeting</b><br><b>Noon – Pizza &amp; Salad</b><br><b>Dessert</b><br><b>Followed by bingo</b> |
| <b>November 9<sup>th</sup></b>  | <b>No Programs – Wood Floor</b><br><b>being refinished.</b>   |
| <b>November 16<sup>th</sup></b> | <b>Noon – Veteran's Day</b><br><b>Celebration</b><br><b>Lunch will be served</b><br><b>Fee: \$5.00</b>        |

Veteran's Day Celebration presented by the Avon Senior Center, the Senior Citizens of Avon Organization and Canton Senior Center in order to honor Veterans for their dedication and unselfish commitment to our country. For reservations, please call the Avon Senior Center at 860-675-4355.

*Entertainment: Music by Jerry Carrillo Orchestra*

- |                                 |  |
|---------------------------------|--|
| <b>November 23<sup>rd</sup></b> | <b>Noon – Thanksgiving Feast</b><br><b>Turkey, Gravy, Stuffing,</b><br><b>Mashed potatoes, Cranberry</b><br><b>Sauce</b><br><b>Dessert – Pumpkin Pie</b> |
|---------------------------------|--|

*Please see Katie Ruez to purchase ticket - \$10.*

*Entertainment: Music provided by Michael Markowitz.*


- |                                 |   |
|---------------------------------|---|
| <b>November 30<sup>th</sup></b> | <b>Noon - Soup and sandwiches</b><br><b>Birthday cake</b> |
|---------------------------------|---|

Movie – Anne of Green Gables...The sequel – Based on the international best-selling novel. Filmed amidst the spectacular scenery of Prince Edward Island, Canada, this award winning movie follows the enchanting life of orphan Anne Shirley from her struggles as an adolescent to her triumphs as a young woman. This is the second of a series of three DVDs.

### Coming up in December:

- Annual Christmas celebration
- Avon High School Singers will perform

# NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Mid Tempo <span style="float: right;">2</span> Cardio Class 9:00 Foot Care 10:00 Wii Bowling 10:30 Senior Organization Board Meeting 12:00 Senior Org Lunch 3:30 Zumba Gold	9:00 Billiards <span style="float: right;">3</span> 10:00 Wii Bowling 11:30 FV VNA Blood Pressure 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 1:30 Scrabble	8:30 Mid Tempo <span style="float: right;">4</span> 10:00 Shuffleboard 12:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	9:00 Billiards <span style="float: right;">5</span> 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge	8:30 Mid Tempo <span style="float: right;">6</span> 9:30 Billiards 10:00 Ping Pong 12:00 Setback 1:00 Wood Carving 5:00 Help Your Neighbor Fair
<b>Community Room Closed Wood Floor Refinishing</b> <span style="float: right;">9</span>  8:30 Mid Tempo Cardio Class 9:00 Foot Care 10:00 Wii Bowling <b>No Senior Org Lunch</b> 12:30 Mah Jongg 3:30 Zumba Gold – CSP	<b>Community Room Closed Wood Floor Refinishing</b> <span style="float: right;">10</span>  9:00 Billiards 10:00 Wii Bowling <b>NO CRT LUNCH</b> 12:30 Bridge (Craft Room) 12:30 Wii Bowling 1:30 Scrabble	<span style="float: right;">11</span>  <b>CLOSED FOR VETERAN'S DAY</b>  	<b>Community Room Closed Wood Floor Refinishing</b> <span style="float: right;">12</span>  9:00 Billiards 9:30 Wii Bowling <b>NO CRT LUNCH</b> 12:30 Bridge (Craft Room) 12:30 Medicare 101 3:00 LGBT Moveable Senior Center	<b>Community Room Closed Wood Floor Refinishing</b> <span style="float: right;">13</span>  8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 12:00 Setback 1:00 Wood Carving
<span style="float: right;">16</span> 8:30 Mid Tempo Cardio Class 9:00 Foot Care 10:00 Wii Bowling 12:00 Senior Org Lunch 12:00 Veteran's Celebra- tion 12:30 Mah Jongg 3:30 Zumba Gold	<span style="float: right;">17</span> 9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble	<span style="float: right;">18</span> 8:30 Mid Tempo 10:00 Shuffleboard 12:00 Setback 12:00 Lunch & Learn 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	<span style="float: right;">19</span> 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 2:30 Caregiver Support Group	<span style="float: right;">20</span> 8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 12:00 Setback 1:00 Wood Carving
<span style="float: right;">23</span> 8:30 Mid Tempo Cardio Class 10:00 Wii Bowling 12:00 Senior Org Lunch 12:30 Mah Jongg 3:30 Zumba Gold	<span style="float: right;">24</span> 9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble <b>DRESS DOWN DAY!!</b>	<span style="float: right;">25</span> 8:30 Mid Tempo 10:00 Shuffleboard 12:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	<span style="float: right;">26</span> <b>CLOSED FOR THANKSGIVING</b>  	<span style="float: right;">27</span> <b>CLOSED FOR THANKSGIVING HOLIDAY</b>  
<span style="float: right;">30</span> 8:30 Mid Tempo Cardio Class 10:00 Wii Bowling 12:00 Senior Org Lunch 12:30 Mah Jongg 3:30 Zumba Gold				

## RESERVED FOR SPONSORS

# *Avon Senior Center*



**AVON SENIOR CENTER**  
635 WEST AVON ROAD  
AVON, CONNECTICUT 06001

NON-PROFIT  
U.S. POSTAGE  
**PAID**  
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